

RECIPE ANALYSIS

Recipe Name : G-21
Serving Size : 1 burrito

Recipe Desc : Cheese & Bean Burrito
Prep Time :

Author :
Cook Time :

Yield : 50

Nutrition Information		
Serving Size: 1 burrito		
Amount Per Serving		
Calories 570.40	Calories from Fat 257.17	
	% Daily Value	
Total Fat	28.57 g	44%
Saturated	15.38 g	77%
PolyUnSat	1.34 g	n/a
MonoUnSat	8.63 g	n/a
Cholesterol	64.57 mg	22%
Sodium	1256.47 mg	52%
Potassium	391.23 mg	11%
Total Carbs	51.81 g	17%
Dietary Fiber	5.11 g	20%
Sugars	1.83 g	n/a
Protein	25.69 g	
Vitamin A - 15%	Vitamin C - 4%	
Calcium - 55%	Iron - 14%	
Vitamin E - n/a	Thiamin - 8%	
Riboflavin - 19%	Niacin - 2%	
Vitamin B6 - 3%	Folic Acid - 3%	
Vitamin B12 - 9%	Pantothenic Acid - 1%	
Phosphorous - 39%	Magnesium - 5%	
Zinc - 14%	Copper - 1%	
Percent Daily Values are based on a 2,000 calorie diet.		
Calories Per Gram:		
Fat 9 * Carbohydrates 4 * Protein 4		

Fat Soluble Vitamins	
Vitamin D	n/a
Vitamin D	n/a
Vitamin E	0.000 mg
Vitamin E	n/a
Vitamin E	0.000 alp
Vitamin K	0.026 mcg
Vitamin A	759.661 IU
Vitamin A	198.336 RE

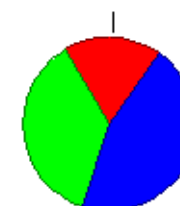
Water Soluble Vitamins	
Thiamin B1	0.119 mg
Riboflavin B2	0.324 mg
Niacin B3	n/a
Niacin B3	0.342 mg
Pyridoxine B6	0.063 mg
Cobalamin B12	0.561 mcg
Pantothenic Acid	0.145 mg
Vitamin C	2.348 mg
Folic Acid	12.386 mcg

Minerals	
Phosphorus	392.355 mg
Zinc	2.098 mg
Magnesium	18.245 mg
Copper	0.026 mg
Selenium	n/a
Iron	2.497 mg
Calcium	551.122 mg
Manganese	0.016 mg
Iodine	n/a

US Diabetic Exchanges	
Not Available.	
Starch	n/a
Fruit	n/a
Milk (Skim)	n/a
Milk (2%)	n/a
Milk (Whole)	n/a
Other Carbs	n/a
Vegetables	n/a
Meat (Very Lean)	n/a
Meat (Lean)	n/a
Meat (Med. Fat)	n/a
Meat (High Fat)	n/a
Fat	n/a

School Equivalents	
Not Available.	
Meat/Meat Alternative	n/a
Fruits/Vegetables	n/a
Grains/Breads	n/a

Source Of Calories



This nutritional information is based on calculations of available reference data and may not be suitable for Nutrition Facts label declarations. Further analysis to determine actual nutritional values for your final product may be necessary as specified by the Code of Federal Regulations, Title 21, Section 101.9.